BADEN OUTLOOK

June 15, 2008

Volume 8, Issue 11

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Barry and Pat Fisher 178 Snyder's Road East Baden, ON N3A 2V6 Phone: 519-634-8916 Email: badenoutlook@hotmail.com Web: www.badenoutlook.com Your Community Newsletter - "Keeping the Community Connected" Serving the GBA since August 2000, with 2350 copies in circulation.

Activa Set to Build Business Core

Activa Group has decided to move ahead with plans to build a business core in the heart of Baden. The plaza is proposed for the corner of Livingston Boulevard and Snyder's Road. It will hold up to eight units (total floor space of approximately 15,000 square feet) and will provide room for a number of businesses such as a florist, restaurant, health office or day care centre.

Activa's Valerie Schmidt told The Baden Outlook that Activa has to go through the site plan process with the Township before the development can be constructed. The last day of appeal for the zone change amendment was June 12 and there have not been any objections or written complaints. The township has yet to review and approve the site plan.

There have been numerous business enquiries about the project but there are no confirmed tenants yet. She said they hope to start building within the next couple of months, or, at the very latest, by the end of year.



Activa submitted this rendering of Baden's proposed business core which was presented at a public meeting on May 12th, 2008 to Township Council.

Baden Outlook



Please have one!

Talking With Ed – Random Thoughts

Not so Dandy – In the first year of the pesticide regulations, there seems to be more dandelions than ever. Thankfully we purchased a dandy weed puller, which has made the job less tedious. We decided to calculate a rough count of our dandelions to determine how bad it really is. Each bucket held over 100 dandelions. We've emptied the thing at least 20 times over the past few weeks with plenty more to go. Strangely, we are enjoying our project, but in retrospect, we should have made Dandelion Wine for the entire town!

Green Grass Blues – Staying on the lawn topic - I had a problem getting the lawn mower started after a winter in the shed, so out of desperation I was forced to use our son's push hand mower which we're storing. I was not expecting it to be such a workout! (Despite my peak physical condition.) Anyway, I have mowed the lawn twice with the environmentally savvy device and it hasn't worked out too badly. Some areas had to be mowed several times since it struggled with the taller grass. Yup, proud to maintain the greens.

Hall of Famer – Congratulations to Ralph Shantz of Baden on his induction to the Waterloo County Hall of Fame on May 11, 2008. Ralph has an endless list of accomplishments that have improved life in Wilmot Township for all its citizens. He has been Mayor of Wilmot for ten years, and has helped out in committees such as Baden Chamber of Commerce, Wilmot Agricultural Society, Heritage Wilmot, Wilmot's 150th Anniversary, Grand River Conservation Authority and Kitchener – Wilmot Hydro, just to name a few. He is a very deserving addition to the Hall of Fame. Well-done, Ralph!

Time to Put The Feet Up – A familiar face will be leaving the Post Office in New Hamburg. Baden's John Cabeke will be retiring on June 6 of this year. John started on a two-week casual help basis with Canada Post at the Ardelt sorting station

Yes, summer is here and we want to be outside to garden, camp, play, visit and rest - to simply stay away from the computer for one month.

The Baden Outlook will not be publishing a paper this July. Pat and Barry



on December 4, 1972. After the two-week post he was asked to stay on full time (night shift). He later became a mail handler (December 31, 1978), moved to Trillium Drive (1979) and finally to New Hamburg (January 5, 1996) as Lead Hand. He will be missed at the Post Office; he has always had a smile and kind words for all. Happy Retirement, John!

It's a Sign of the Times – Thanks to the Baden and District Chamber of Commerce for replacing two signs as you enter town on Foundry and Snyder's Road East. They hope to replace the Snyder's Road West sign as well – pending approval from the Region of Waterloo. Sandy Gascho–Frank, a talented local artist, painted the signs for the chamber as those replaced were becoming weathered.

Catch up with you in August.... Ed.

Baden's New Mascot



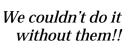
Here is a story that citizens of Baden might think is very *chick*. They may like to *crow* about it! Apparently there is a **rooster** running at large. Townspeople have varied views on the *bird-* some *fowl* and some *eggcited*. We have *combed* through information *hatched* by Baden's Marie Pavey and have determined that the *pullet* prefers *pecking* in the Baden West area. Many townsfolk have seen it with its **capon**, but no one is sure from which *coop* it flew. He was even featured on CKCO News, so, he has reached celebrity status. Cock-a-doodle-doo! He hasn't been caught since the first sighting on May 22 since he might be a little *chicken*!

Thanks to Marie & Brent Pavey for the scoop.

EXTRA!! EXTRA!!

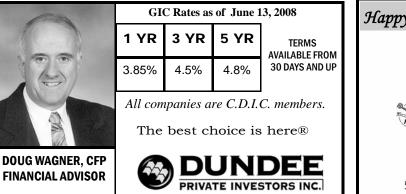


There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop, Old Fashioned Variety (Petersburg), Stop 2 Shop (St. Agatha), N.H. Foodland & Sobey's, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township. Please support the advertisers of this paper.



Submissions are due on the 1st of each month.

Ed's Syllable Sillies **Nith Valley** Fill in the answers to the clues by using all the syllables in the syllabox. Animal The number of syllables used in each answer is in brackets. The number of dashes indicates the number of letters used for each answer. Each syllable Hospital may only be used once. Here is an example: Spring flower (3) ____ (answer: daff/o/dil) a a a ban buc burg ca ca cap cray des dis e em est fish ful gag gle hog hon hys lax lux ma neer neer ny ny or plan pri guoise re ri tain te ti ti tur vate vent youth A pirate (3) _ _ _ _ _ _ _ _ _ _ _ _ _ _ 1. 2. A town west of Baden (3) _____ ___ __ ___ ____ FULL VETERINARY SERVICES FOR YOUR PET 3. Before (2) _____ 78 Huron Street, New Hamburg 4. Fate of a person or thing (3) __ _ _ _ _ _ _ _ _ _ _ _ _ Phone: 519-662-2749 5 A beach house (3) _ _ _ _ _ _ _ _ _ Wild emotionalism; frenzy (4) ______ 6 LOST & FOUND (stolen) 7. My name is Sherilyn Van De Still being young (2) _____ 8. Wynckel and I am wondering if Badenites are able to help me. 9. My four- year-old son's 10. A tropical red wood tree (4) _____ bike was stolen from the back side of our home recently. I was hoping the readers of 11. To rest, repose this summer (2) _____ The Baden Outlook would keep an eye out for his bike. It is dark blue with bug stickers, a 13. A flock of geese (2) _____ black seat, one training wheel, an eyeball for a bell and foam pads on the cross bar and lower bar. The bike, if located, could be returned to 53 Louisa Street or you could call 15. Not trustworthy (3) _____ Sherilyn or Mike at 634-4946 if you have 16. A happening such as Whispers of Wilmot (2) _____ seen it. (Other bikes have since then been reported stolen) Answers are on page 24 GIC Rates as of June 13, 2008





The Literary Lounge at Upper Case Books: Wilmot's Retro Reading Room By Teresa Brown

It's our favourite place in the house. Whether you call it the "rec" room, family room, or rumpus room, it's the place where we go to watch television, read, or just spend relaxing time with friends and family. And now, getting together for movies, books, and fun is even easier for Wilmotites: welcome to the new Literary Lounge at Upper Case Books, New Hamburg.

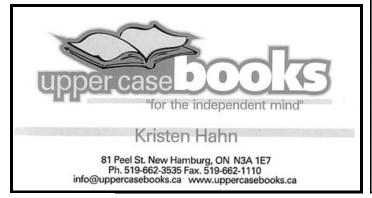
Upper Case Books has been a favourite

of local book lovers since it opened in 2004 thanks to owner Kristen Hahn. UCB offers a fantastic selection of everything from children's books to biographies to fiction and graphic novels. Kristen's twelve years of experience in bookselling provides her customers with the best in books, great customer service, and a small-town atmosphere that welcomes readers and browsers alike.

The new Literary Lounge builds upon the best of UCB, offering a place for book clubs and similar groups to meet in a friendly setting. A newly-remodeled room in the store provides relaxed seating, warm decor and, of course, excellent lighting for groups to enjoy good books and great company. "I'd like it to be a space where people can feel comfortable to meet, and discuss and share ideas," says Kristen. "It's the public's living-room."

The space had originally been used for storage, and contained nothing more than old drywall, a creaky floor, and shelving. "Then one day, a family friend, John Nielson, showed up with a lamp," says Kristen. "He knew of my love for tacky vintage things, and he was right: I took one look at that lamp and was delighted by its transcendent hideousness." Of course, Kristen immediately knew there was only one thing she could do - build a lounge to proudly display the lamp.

Indeed, the lamp (and it truly is hideous, not to mention strangely huge) holds pride of place in the Literary Lounge. With a couch, love seat, and chair from New Hamburg's Thrift Store, a few vintage end tables and



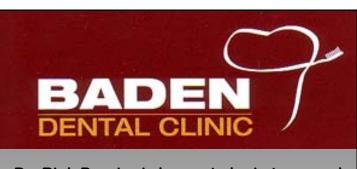


additional lighting, the Lounge has been transformed into a warm and uniquely retro space. New flooring, lush curtains, and fresh paint make the space functional, inviting, and fun.

Not only meant for the staff of Upper Case Books to enjoy the store's selection of reading materials, the Literary Lounge is also open to groups. For \$25 (cash),

groups may rent the Lounge during UCB business hours. Book clubs may also order their titles through UCB and receive a ten percent discount. There is a television and DVD player available, and coffee and a selection of teas can be made as well. Prospective users must also be feline-friendly, as store cat Graymalkin will likely join in the group discussions.

Inquiries regarding booking the Literary Lounge can be directed to Kristen or Teresa at Upper Case Books, located at 81 Peel Street in New Hamburg. Feel free to call the store at 519-662-3535, or better yet, drop by to browse through the books, pet Graymalkin, and, of course, ask to take a peek at Wilmot's new retro reading room. You'll be charmed by the Literary Lounge -- and you've just *got* to see that lamp.



Dr. Rick Pereira is happy to be in town and eager to provide service to the community.

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The Baden Outlook

Page 4

Men Are Just Happier People --What do you expect from such simple creatures?

- The world is your urinal.
- Wedding plans take care of themselves.
- Wedding dress \$5000. Tux rental -\$200.
- Chocolate is just another snack.
- You will never be pregnant.
- You wear a white T-shirt to a water park. Heck, you can wear NO shirt to a water park.
- You never have to drive to another gas station restroom because this one is just too icky.
- Wrinkles add character.
- People never stare at your chest when you're talking to them.
- The occasional well-rendered belch is practically expected.
- Phone conversations are over in 30 seconds flat.
- A five-day vacation requires only one suitcase.
- You open all your own jars.
- If someone forgets to invite you, he or she can still be your friend.
- Your underwear is \$8.95 for a three-pack.
- Three pairs of shoes are more than enough.
- You are unable to see wrinkles in your clothes.
- The same hairstyle lasts for years, maybe decades.
- You only have to shave your face and neck.
- You play with toys all your life.
- One wallet and one pair of shoes, one colour for all seasons.
- You wear shorts no matter how your legs look.
- You do your nails with a pocket knife.

No wonder men are happier.



- email submission.

Happy Fathers Day!



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Come out to the park in Wellesley, Ontario for a day of fine art and entertainment featuring the talents of local artists and artisans. Join us around the pond for all this and more:

- Art Exhibit & Sale
- **Emerging Artist Student Exhibit**
- Juried Art Show
- **Silent Auction**
- Wine & Cheese Garden
- Live Music by Local Talent

Free Admission. Donations Appreciated.* Rain or Shine!

*Proceeds from this event go towards supporting the arts in Wellesley Township and restoration of Wellesley Pond.

SATURDAY, JUNE 21, 2008 10:00am - 4:00pm

WWW.ARTROUNDTHEPOND.CA

Baden Feed and Supply Ltd

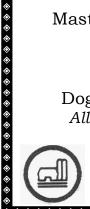
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Pronature: Dog, cat, puppy, kitten food All Natural, made in Canada



519-634-5474 or 1-800-265-2365 HOURS: Mon-Fri 8-5:30, Saturday 8-12



St. Agatha Community Center June 21, 8 am - 4 pm

The accent is on strawberries (locally grown weather permitting). St. Agatha Strawberry Fest will offer a wide variety of treats appealing to all ages, such as a pancake breakfast, barbeque burgers/hot-dogs and strawberry booth serving strawberry pies, milkshakes, jam, and strawberries *of course*.

Fun and appealing events include an all-day unique wheels show, construction equipment skills contest, live music, and talent-show. Kids will enjoy the games, face painting, petting zoo, pony rides, guessing games, and more. For adults, there will also be a strawberry dessert baking contest, silent auction and raffle, and a beverage area in which to relax and socialize while enjoying live music. A BBQ chicken meal will be available from 12 until 2 pm.

Please contact us at 519 699 6063 or email us at strawberryfeststagatha@gmail.com for more information/

comments. We welcome anyone who is willing to have fun and help out.





Baden Firefighters Association Ball Tournament & **Outdoor Dance**



Come to Beck Park and watch the co-ed Ball Tournament - three games, followed by a pig roast, and outdoor dance with a live band at Beck Park on Saturday night. \$10 advanced tickets available at Teddy's Bakery or from any firefighter

\$12 at the door / park

It promises to be a great time for everyone, whether you're playing or joining in the fun.

Great opportunity for folks behind the Castle to meet folks beyond the pond.

For more info contact Rich at 519-634-9635

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Note from New Hamburg Thrift Centre

Myanmar (Burma) Relief and Recovery

Millions were affected when Cyclone Nargis swept through southern Myanmar's delta region on May 2, 2008. The deadly cyclone claimed tens of thousands of lives and devastated an area that is home to several million people. It is estimated that up to two million people are homeless. The cyclone flooded wells and other water sources, putting survivors at risk of contracting waterborne diseases.

Mennonite Central Committee (MCC) has committed an initial \$500,000 to support the relief efforts of trusted partners who are already at work in Myanmar. MCC partners Church World Service, Hope International, Metta and IDE-Myanmar are currently providing water purification powder for clean water, as well as food, medicine, blankets and other emergency supplies. MCC, through the Canadian Food Grains Bank, will provide an additional \$100,000 to IDE-Myanmar to fund longer-term food and water programs. Your gift enables MCC to work in Myanmar now as well as during longer-term recovery and rebuilding.

<u>You can help!</u>

- Pray for those suffering from this natural disaster. Pray for relief workers in this region trying to make a difference. Initiate discussions with your children about the over-abundance in North America and our responsibility to help those in need.
- Make a financial contribution:
 - * **\$20** provides 20 applications of water purification powder for 5,000 people
 - * **\$104** provides eight large water baskets filled by a treadle pump and treated with water purification powder to supply clean water for 2,000 people for one day
- Support your local thrift centre as a **volunteer; and shop or donate** knowing that all proceeds go directly to MCC. Financial donations for Myanmar can be brought to the New Hamburg Thrift Centre, 41 Heritage Drive, New Hamburg (519) 662-2867 or donate online at www.mcc. org/myanmarrelief



New Hamburg Thrift Centre 41 Heritage Drive New Hamburg 519-662-2867



Setting up a cottage? We have everything you need!



Mon-Thurs 9:00 am - 5:00 pm Fri 9:00 am - 8:00 pm Sat 9:00 am - 4:00 pm

Reflections of Baden - Years Gone By...

Committee

Before you entered into the soul of the town, before you met Stu Honderich and learned about the community, before you'd stop at the bakery and Mrs Doda served you the biggest most unbelievable doughnut ever, before you'd see the grocery store owners pretty daughter Janet for the first time and you become a bumbling bona fide Jones boy, you'd see them. There they are just off the highway, the grain bins, "Dad, I see grain bins. - That has to be Baden."

Taller than the Effiel Tower, more beautiful than Miss Statue of Liberty, grain bins marked most small Ontario towns, the place where town people bought their dog food and gardening supplies and where farmers picked up feed and seed. Its where dusty trucks are unloaded round the clock by dustier young men, their movements choreographed to the music of the whining grain dryers.

I apologize to Baden. My dream was to bring new life to those old bins, to sit and watch the comings and goings of the trucks, to breath in the smell of the corn, to live it as it was. But life has a way of dropping a wrecking ball on our best intentions. They were just too old, just too tired; their time had come and gone.

And so they disappear, and we are left with space. It's a good space people tell me. See all the cars that travel down Foundry Street every day. Great commercial potential. Ya, I guess, but wasn't it a wonderful spot for grain bins. You could see them from the highway; they're just on the edge of the town. That has to be Baden.

Tom Musselman - Bachert-Duff Holding Company

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Baden Outlook HomeRun Pool To follow along through the season, ...

...log on to our website at <u>www.badenoutlook.com</u> - Click on sports pool, choose "Quick Access" the pool I.D. is <u>outlookhomerun</u> and the password is <u>guest</u>. Click on "Ranking" (left side of page) to view the full list of names.

Outlook HomeRun Pool Stats

Pla	ice Name	PTS	Pla	се	Name	PTS
1	Jacquiline Bender	133	31 I	Katie	Erb	119
2	Greg Snyder	132	32 -	Tony	Soikie	119
3	Victoria Windl	128	33 -	Tyler	Kleine	118
4	Dave Randerson	127	34 \$	Shae	Lynn Campbell	118
5	Colton Holba	126	35 (Graha	am Moore	118
6	Bailey Taves	124	36 (Greg	Zehr	118
7	Isaac Roth	124	37 I	Bryce	Snyder	117
8	Cheryl Erb	124	38 /	Andre	w Ewanchuk	117
9	Bob Morley	124	39 I	Brady	' Snyder	117
10	Ben Griffey	123	40 I	Maso	n Doerr	117
11	Samantha Simpson	123	41 /	Amy ł	Kraehling	116
12	Mike Snyder	123	42 (Olivia	Salese	115
13	Mike Tennant	123	43 (Craig	Bell	115
14	Stephanie Taylor	122	44、	Jessie	e Gingerich	115
15	Bob Brydon	122	45 I	Brad	Flood	115
16	Ken Snyder	122	46 (Geoff	Hutter	114
17	Matt Cecile	122	47 I	van F	Papa	114
18	Greg Schwartzentruber	121	48 I	Elmei	Roth	114
19	Sheila Martin	120	49 \	Wayn	e Amos	113
20	Tony Papa	120	50 I	Paul I	Holba	113
21	Ray Miller	120	51 I	Doug	Taylor	113
22	Jakob Windl	120	52 I	Home	er Zaplenty	113
23	Owen Roth	119 <mark> </mark>	53 I	Becky	/ Zehr	113
24	Tyler Naumann	119	54 I	Matt .	Jackowetz	113
25	Russ Soehner	119	55 I	Ed Ec	kert	113
26	Damien Creurer	119 <mark> </mark>	56 (Greg	Naumann	113
27	Tyler Randerson	119	57 I	sabe	lle Coxon	112
28	Steve Campbell	119	58、	Jamie	Roth	112
29	Brett Fournier	119 <mark> </mark>	59 (Cindy	Orr	112
30	Darren Pearson	119	60 I	Kyle B	Erb	112

Congratulations to Jacquiline Bender for taking the leader prize in this month's HomeRun Pool, winning

a gift certificate from EJ's of Baden.



The lucky random draw winners are **Steve Campbell**, winning a gift certificate from Egli's Meat Market, and **Pierrette Schmidt**, winning a breakfast from Teddy's Bakery and a Baden Outlook shirt.

Thanks for playing ball with us! There are 261 entrants in this year's Home Run Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. Have Fun and Good Luck!

EGLI'S MEAT MARKET

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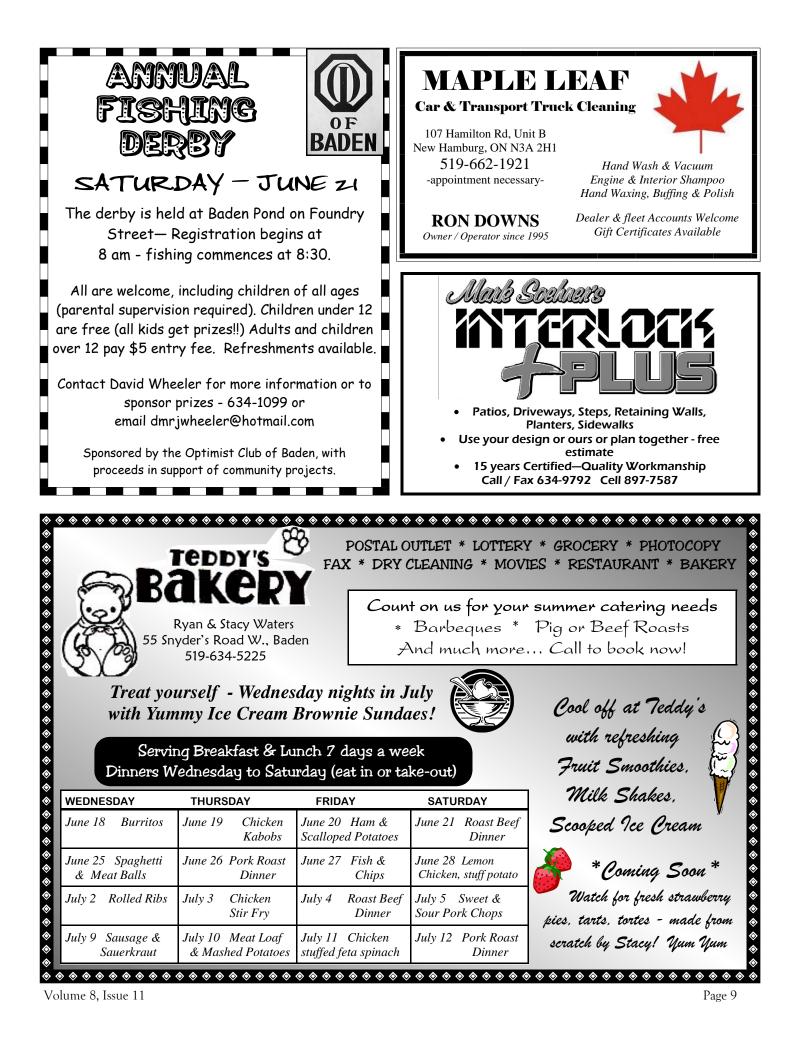
Matt & Jackie Rolleman 39 Snyder's Road W., Baden 634-5711



Come relax and dine on the outdoor patio -Where friends meet.

To handle yourself, use your head; to handle others, use your heart.

The Baden Outlook



Baden Runner Nominated for Award

Congratulations to Baden's Laurie McGrath on being nominated for the K-W and Area Civitan Athlete of the Year award.

Saskatchewan Roughriders' football player, Luca Congi, won the award at the awards banquet at RIM Park. It was held Wednesday May 28, 2008 with ten other area athletes being recognized.

Here are some of Laurie's accomplishments over the last number of years:

Laurie started running in 2003 and she loves to run long distances, which earned her #1 ranking in the Overall ACU (Association of Canadian Ultra marathoners) Series in 2005 & 2006. She was also ranked #2 in the ACU 24 Hour Runs for 2004, 2005 and 2006 to become the 2007 National Overall Series Champion of the ACU Series. The more she runs the more records she sets and her list for 2007 includes: Seaton Trail 78km, Sulphur Springs 100 Mile, Creemore Vertical Challenge, Dirty Girl 24 Hour, Ottawa International 24 Hour Self-Transendence Race. Its no wonder Rogers named her "Women of the Year" in the Sports and Recreation Category.

PERFORMANCE HIGHLIGHTS:

- * National Overall Series Champion –
- * ACU Running Series
- * Canadian Record / 8th in the World IAU 24 Hour World Challenge
- * Canadian Record Open Women's 100 Mile Run (15:59:07)
- * 1st in Ontario Ultra Series 50 km Challenge Cup
- * Won Ontario Cup Highest point total over 12 races, women & men



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The Baden Outlook

Baden Minor Softball off to a Great Start

All Baden Minor Softball teams are having an enthusiastic beginning to the season! Team members are having a ton of fun and the crowd support is amazing. Executive members have been attending the games and have noticed the enthusiasm, not only from the players but the parents and fans. This passion is demonstrated in the way the Atom girls fly a Pirates flag from the bench; the way the Midget boys support each other on the bench and the field; the way the Peewee girls have their Pirates banner at the bench and their sponsor banner draped over the outfield fence.

We have teams in the North Waterloo League and South Waterloo League and if you come out to Sir Adam Beck Park Monday to Thursday about 7pm you can catch a game. Midget boys play in St. Agatha on Wednesday and Friday nights and the T-Ball teams play Saturday morning at Beck Park.

We would like to thank the community for supporting all the teams. Our sponsors include, but are not limited to: Unilock, K-DAC Expedite, Citadel Homes, Kennedey's Tavern, T. Musselman Excavating, Alliance Roofing, Tim Hortons of Baden, Schout Communities, EJ's of Baden, Erb Transport and Stop2Shop of Baden. Kennedy's Tavern is this year's sponsor for our association

by Scott Gibbons

as ten percent of all food purchases go towards paying for our banquet at the end of the year. You can get your food receipt



stamped and bring it to your coach, team manager or parent representative to apply to the banquet fund. Friends and relatives can participate in this program as well.

Previous players from the 50's, 60's and 70's are coming forward to share their wisdom and experience. We really appreciate the interest they have in the next generation as they give us insight into the past. Players and coaches have been seeking out such mentors for guidance.

In other Baden Minor Softball news, Coach Brian Bookshaw reports that the Baden Atom Boys are off to a good start in the South Oxford League. This year's team features a mix of experienced players and several first-time players. The first two games of the season saw a couple of tough road losses to the more experienced Hickson and Innerkip teams. However our team showed great improvement as the games went on. They carried this momentum into their game with Sweaburg, with a scoreless tie, until a sudden downpour forced the cancellation of the game. Their hard work in previous games paid off when at their next game they faced Princeton at home. They easily defeated them with a score of 14 to 3.



BUZZ OFF!! What's a Mosquito's Favorite Sport? Skin Diving!

Yes it is that time of the year again. Black fly season has just ended and mosquitoes are in full swing. It is always better if we can understand a predator even if it is only 1/25,000 of an ounce.

Male mosquitoes (the smaller of the two) are the good guys in this case as they prefer flower nectar, don't bite humans and live for less than three days. The female on the other hand, enjoys flower nectar but needs blood to provide protein to reproduce, and she can live up to three months. The female actually doesn't bite a victim; she sucks the victim's blood.

Female mosquitoes hunt by detecting CO2 as it's breathed out. When they are closer they can also pick up on the infrared heat given off. Mosquitoes prefer children to adults due to the differing odours of humans. Repellants like DEET work by disorienting the mosquito as it gets close to its prey. There are many less effective ways of preventing the blood suckers which include citronella, catnip oil extract, nepetalactone, eucalyptus oil extract, soy bean oil and lemon eucalyptus solution. Other recommended deterrents include light coloured clothing, long sleeved pants and shirt and a hat.

Mosquitoes have four distinct stages in their life: egg, larva, pupa and adult. The eggs are laid in rafts on fresh or stagnant water (they can't live in flowing water).

_ . __ . __ . _

Most eggs hatch in 48 hours. During the larvae stage they will shed their skin four times growing larger each time. They will live in water for seven to fourteen days depending on the temperature of the water. The pupa stage lasts about two days during which they lie on top of the water.



When they turn into an adult they will lie on the water long enough to dry out their wings and then fly away.

In Canada the mosquito is turning from a pesky little critter to a transporter of the West Nile Virus. Mosquitoes are estimated to transmit disease to more than 700 million people annually in Africa, South America, Central America, Mexico and much of Asia with millions of resulting deaths. Worldwide, malaria is a leading cause of premature mortality, particularly in children under the age of five, with around 5.3 million deaths annually, according to the Centre for Disease Control.

The mosquito has several natural predators. Dragonflies eat mosquitoes at all stages of their life while bats and purple martins will eat adults.

Finally, there is one last question to answer... Why are mosquitoes religious? Because they prey on you!



Whispers of Wilmot By Teresa Brown

History -- who's interested in *that*? If you've ever thought that "experiencing history" equals a dull day inside a dusty museum, then prepare yourself (and the whole family) to be surprised. The annual Whispers of Wilmot Family Heritage Fair is ready to enchant people of all ages with excitement, fascination, and (yes!) history.

On Saturday June 21, the front lawn of Castle Kilbride will come alive with a wonderful variety of demonstrations, activities, music, food, and more. It's a wonderful way to introduce yourself, your kids, and your family to the Castle's historical era, and an opportunity to meet friends and neighbours. It's also a great way to find out just how much fun it is to learn about life in the "old days."

There's something for everyone at the Heritage Fair: history buffs will enjoy tours of the elegant Castle, or watch demonstrations of historic trades such as soapmaking, rope making, and tin smithing, as well as heritage exhibitors on the Castle's front lawn. Those interested in the finer things in life will be captivated by a historical fashion show, highlighting 100 years of fashion from the French Revolution to the Titanic era.

But don't worry if you're more the hands-on type. Children will be invited to try old fashioned toys, and those interested in a little adventure can hop on board free horse and wagon rides, sponsored by the Baden Chamber of





Photo compliments of Tracy Loch

Commerce. You can dance to live Celtic music by *Kettle's On*, or cover your ears as your watch the American Civil War Historical Re-enactment Society's demonstration of a black powder rifle.

No history event would be complete without something for the antique collectors. New this year is the Archaeological Road Show, featuring an identification clinic with the Royal Ontario Museum's curator and professionals from the University of Waterloo. Just like the television program, these experts will inspect your backyard fossils, old gadgets, and other "mystery treasures" to help identify them or perhaps suggest a value for that peculiar antique lamp you've had around forever. Be sure to bring along anything you've wondered about for the experts to investigate!

There will also be working antique steam engines to enjoy, an antique fire truck on display, courtesy of the Wilmot Heritage Fire Brigades, and of course a barbecue and strawberry shortcake for everyone, ably served by the Baden Scouting Association and the New Dundee Girl Guides.

So grab the sunscreen, your kids and neighbours, and join us at the Whispers of Wilmot Family Heritage Fair. It will take place rain or shine at Castle Kilbride National Historic Site from 11:00 a.m. - 4:00 p.m. on June 21. Admission is by donation. You're sure to learn about the fascinating heritage that surrounds us here in Wilmot -and how much fun it is to really experience history!







WILMOT HEALTHY COMMUNITIES WEEK

... "Living Well"

The weeklong event is being held from June 20 – 27 at the Wilmot Recreation Complex. It is being organized by the Wilmot Healthy Communities Coalition in partnership with local schools, churches, service organizations, community groups, government, businesses and community members.

Activities planned range from a Community Coffee House that would celebrate the talents of youth and other local residents in the areas of music, drama, and artwork, a bike safety rodeo, workshops on living a healthy lifestyle, to an intergenerational ball hockey tournament. There will be opportunities for residents of all ages to try some new!

For more information call Vicki at 634-8444

SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Meeting Monday Evenings at 8 pm Trinity Lutheran Church 23 Church Street, New Hamburg Martin Luther Room (upstairs)



This space is generously donated by Erb Transport to support community events The Baden and District Chamber of Commerce would like to invite YOU to their

ANNUAL Barbeque

MARK YOUR CALENDAR! Thursday Aug 28, 5:30 pm.

Come and dine with your neighbours enjoy great food and entertainment Advanced ticket prices: \$10 for adults / \$5 for 12 and under Tickets will be available at local merchants.



Also looking for volunteers for the event. For more Info call Eva 634-8736

Castle Kilbride presents: Twilight Family Night: Slither & Screech July 18, 2008, 7 p.m. – 9 p.m. Meet all the creatures of the night. Come face to face with the who's who of the owl world, meet the Snake Lady and Mad Science demonstrations.

Livingston Presbyterian Church June 22 - 7:30

A power point presentation by Angus Sutherland - Regarding Nicaragua in 2007 *All are welcome to attend.*





As the End Nears, Bulldogs are Still Busy, Busy!

By: Kirsten Fangrad

With not even one full month of school left, Baden P.S. has become one crazy place. We are trying to squeeze in a lot before we have to say good-bye for the summer. May had a lot of exciting events with outdoor activities since the weather had improved.

Students have been practicing their track and field skills in gym class for a while and it certainly paid off. On May 16th, the grades seven and eights went to Resurrection High School for their school meet in order to decide who would represent Baden at our division meet on the 30th. Students were very successful as many Baden and even Wilmot Senior records were broken. The grades four to six students had their track meet on June 2nd where students also showed a lot of talent. Our school has a tremendous amount of athletic ability.

The Baden community has pulled together once again in donating both money and efforts to good causes. May 9th was our Jump Rope for Heart/ Hoops for Heart day. Students received pledges to skip or shoot hoops for a period. After the activity, students received freezies to cool down. All of the money that was raised went to the Heart and Stroke Foundation. Similarly, on May 24th, parents and students came out to the school on a beautiful Saturday to do yard work. Thanks to their hard work, our schoolyard looks lovely. In return for all that our volunteers do, the staff held an appreciation breakfast to thank parent volunteers for all their commitment to the school and the student body this year. The school choir entertained the guests while they enjoyed their breakfast.

Parents who came out to the informational workshops gained insight on practical information spanning many topics from organization to Internet safety. There were multiple seminars hosted of which parents selected three to attend. While being informed, parents did not have to worry about their children as babysitting services were provided. Snacks were available to fill hungry tummies of both the children and parents! It was a beneficial experience and an enjoyable evening for those who partook.

There have been many music events in the last month, demonstrating our school's musical personality. On the first Monday of the month we had our second annual "Music Monday". We sang two songs as well as our school song and had an exercise dance. The weather was perfect for being outdoors for this event. The hope is to someday have a Music Monday that when a person steps out their door anywhere across Canada, they will hear music filling the air. Another musical initiative was the Kodaly choir's debut on May 7th at the Centre in the Square. The choir had been practicing for a very long time for this event. They joined with many



other schools to form a mass choir to have the opportunity to sing along with a large orchestra. What an amazing experience! Still more students showed off their artistic talents at the "Baden's Got Talent" night. Many performed musically, but a few magic shows and dance ensembles kept the show hopping. The performance was very successful and enjoyed greatly by students' family members.

Some of the grades enjoyed extra special activities that tied in with their academic units. The grade sevens went to see the play "Carousel" put on by the Community Players for music class. All of the grade fours had a medieval feast to end their unit on Medieval Times. They were all dressed up in costumes to celebrate - looking awesome. Intermediate students had the chance to test their math skills against students all across Canada in the Gauss Math Contest. They answered tough problem solving and multi-step questions. Ms. Leis and Mrs. Ioannidis shared with us that the results were very high. To get pepped up about high school, the grade eights traveled up the road to W.O. for the annual grade 8-9 pep rally. Crusader students advertised the many exciting extra-curricular activities to join next year. Many other classes also went on field trips connected to subject content this month. The celebration trips continue on as the end of June comes closer.

On May 29th, we had our second annual community back yard BBQ. We have been hearing about and planning this event for some time. There were many exciting events that evening. As well as the BBQ, there was also face painting, reptile shows, a Toronto vs. Montreal road hockey game, concerts, bike raffles, a silent auction, bouncy castles, and carnival games just to name a few! What an entertaining night. All of the money that was raised went to school initiatives.

This has been a great spring so far as the school year draws to a close. A lot has happened, but of course this is a good thing. The activity around the Bulldog house is what students love about attending Baden P.S. We certainly have much school and community spirit!



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What's Happening with the Wilmot Heritage Fire Brigades: June, July, and August By Teresa Brown

Spring and Summer are finally here -- and the WHFB has already started on a busy season of appearances and events!

The 16th Annual Emergency Services Muster, Games and Parade took place at Doon Heritage Crossroads on Saturday May 24th, and the WHFB proudly took part with two of our antique trucks. Many thanks go to: Ray Cook, driver of the 1935 Bickle pumper and Bert Currie, driver of the 1939 GMC Bickle pumper

Ray and Bert also drove these unique trucks at the **New Dundee Victoria Day Parade** where the crowd enjoyed seeing two fine examples of Wilmot's firefighting past.

Anyone who missed these events can still see WHFB trucks at our many upcoming events taking place throughout the Township over the summer months. Don't miss:

St. Agatha Strawberry Festival: June 21 Whispers of Wilmot - Castle Kilbride in Baden: June 21 Canada Day in New Hamburg: July 1 New Hamburg Cruise Night: August 15 New Hamburg Moparfest: August 16 - 17 Mamber of Parliament Handle Albrecht and bis

Member of Parliament **Harold Albrecht** and his aide, Linda Fauteux, visited the WHFB museum on May 21, and were impressed by our outstanding collection of firefighting artifacts. Albrecht said that hearing about the museum doesn't do it justice. "You can really appreciate the value of Wilmot's firefighting history when you see all that is here."

Harold Albrecht also expressed his support for our goal to **build a fire museum** here in Wilmot Township. Our collection of seven trucks, two hose reels, a horse-drawn hand pumper, and



MP Harold Albrecht tours the museum with WHFB's Blain Bechthold

hundreds of smaller artifacts (photos, uniforms, sirens etc) desperately needs a larger facility. Planning is underway for our museum; if you'd like to get involved, we would welcome your input and invite you to contact Teresa 634-8580.

Our summer hours are now in effect, and our museum (located behind the Baden Fire Hall) welcomes visitors to drop in : Wednesdays 6:30 - 9:00 p.m.

Saturdays 9:00 a.m. - 1:00 p.m.

(Continued on page 17)



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As always, we also invite you to call for tours outside of our regular hours, and we'll do our best to accommodate you. The WHFB museum is free, and is a terrific way for people of all ages to have fun!

Finally, we remind everyone that the WHFB accepts your **scrap metal** for our ongoing fundraising. We can accept: **pop cans, washers, dryers, furnaces, water heaters, refrigerators, freezers, air conditioners, barbecues and other metal items.**

(Please note, however, that we CANNOT accept: tires or tires on rims, fuel tanks of any kind, microwaves TVs, computers or monitors, or any non-metal items.)

We appreciate your help -- if you have scrap metal that we can accept, just bring it anytime to the Brigades museum.

And remember - the next time you drop off that bag of pop cans (thanks!), we invite you to come on in, see our fire trucks and displays, meet our members, even become one yourself -- and join in the pride of preserving Wilmot's firefighting history!

For more information or to arrange a tour outside of regular museum hours, call: Blain at 519- 634-8153 / Teresa at 519-634-8580.

Watch for the August issue of *The Baden Outlook* for more WHFB appearances this Fall.

Don't forget to check out our web page at www.whfb.ca



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A DAY IN THE LIFE OF A COMPUTER TECHNICIAN

This may make you feel better about your computer skills! These exchanges by phone are supposedly all true!

* Tech support: Good day. How may I help you? Male customer: Hello... I can't print. Tech support: Would you click on "start" for me and...



Customer: Listen pal; don't start getting technical on me!

- Customer: Hi, good afternoon, this is Martha, I can't print. Every time I try, it says 'Can't find printer'. I've even lifted the printer and placed it in front of the monitor, but the computer still can't find it..
- Customer: I have a huge problem. A friend has placed a screen saver on my computer, but every time I move the mouse, it disappears.

Tech support: Are you running it under windows? Customer: "No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine."

Tech support: "Okay Colin, let's press the control and escape keys at the same time. That brings up a task list in the middle of the screen. Now type the letter "P " to bring up the Program Manager." Customer: I don't have a P. Tech support: On your keyboard, Colin. Customer: What do you mean? Tech support: "P".....on your keyboard, Colin.

Customer: I'M NOT GOING TO DO THAT!!

Submitted by Larry Boshart

On the Move... But History Remains

The Wagler homestead, built in the 1800's, currently stands on Snyder's Road East, but will soon be transported to it's new home at the Wagler farm located east of Waterloo– Oxford D.S.S. The historic log framed house is being stripped of its roof to enable moving it through town and will be restored to its original state. The two room log cabin was built

with 4"x 15" log boards held together by wood pins. The Waglers are excited to include this in their Wilmot Heritage Farm site. Jim Miller purchased the property and will build a new home at it's site this summer.



NOTES FROM THE ATTIC: The Coleman Site

To say that Waterloo Region has a rich history is an understatement. We are all familiar with the Amish having set up roots in our area in the early 1800's, but what do we know about the history of Native Peoples who lived here before that. Wellesley was originally an Indian village, Phillipsburg was a trail used by early natives and at The Baden Hill many artefacts were found in the early 1900's. All these facts have led us to believe that there was a thriving Native Canadian population within minutes of Baden.

One of the most significant Archaeological finds, the Coleman Site, is featured in *Digging Up Wilmot*, currently at Castle Kilbride. It is a must see if you are interested in local history. The Coleman site is located close to the corner of Sandhills and Bethel Road just south of Baden. Dennis and Pat Mighton, who have owned the farm since 1968, shared some history of the farm with us.

The farm was owned by the Colemans who sold the property to the Hamacher family (1925 to 1956), the Slotegraaf family (1956-1968) and finally the Mighton's who moved there from the Brampton area. The Mightons had learned from the Hammachers about the many arrowheads and other artefacts found and the existence of an Indian longhouse on their property. A New Dundee resident, William Wintemburg, a well-known archaeologist, first discovered the existence of the longhouse in 1902.

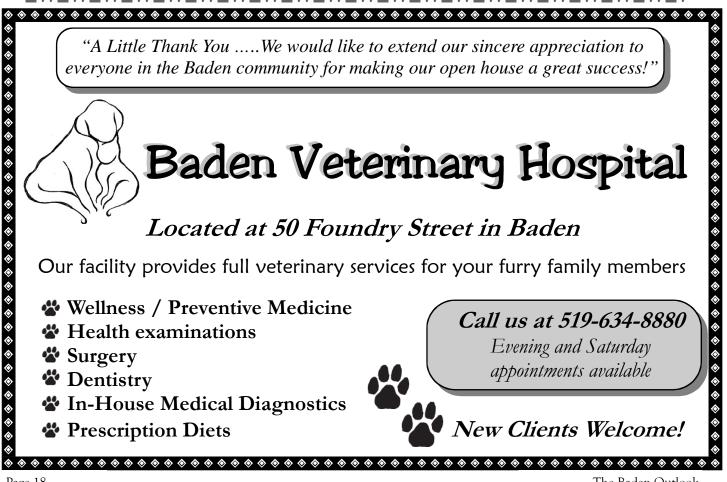
In 1983, the Mightons had a visit from Ron Williamson between 130 and 165 people. In addition to the first house, a student from Western University. He had been researching

some of Wintemburg's work and asked if he could visually explore their property. During that initial visit, he found pieces of Chert (flint used in the making of arrowheads) not from this area. This prompted a larger scale excavation.

A small bulldozer was brought in to remove layers of soil approximately one inch thick. Upright saplings in the ground had been bent over to form the roof construct of a typical longhouse and branches and bark were woven between the posts to create walls; so, the crew looked for darker coloured soil, which indicated where the saplings had been and therefore served to indicate the size of the longhouse. After finishing the second field season in 1984, excavators found themselves analysing the remains of a late prehistoric Iroquoian village that housed a population of around 800 people within its two hectare range.

The village was home to the Neutral Indians who lived in this area between the years 1400 and 1500 A.D. The Neutrals were a peaceful group of Native Canadians who avoided contact with the more warring tribes. They chose this particular location to make their home due to the existence of a freshwater spring nearby (which is still there), fertile land and an abundance of wildlife.

This longhouse has the greatest length of any on record in Southern Ontario. When first built it was an impressive 63 metres long; however, after three additions of 20 metres each, it reached its maximum length of 123.75 by eight metres. It housed



(Continued on page 19)

remains of two more longhouses were uncovered, an array of artefacts as well as the outline of two sweat baths which both possessed flat bottoms encircled by a ring of post moulds.

There does not appear to be a consistent form to the successive end walls of House One. The ends of the southeast House Two. Poles measuring about 8 and northwest extensions appeared rounded as did the southern end of the house core. The width of House One varied considerably ranging between 7.5 and 8.5 metres. The average wall post had been inserted to a depth of 50 centimetres with the post diameters ranging from 3 to 20 centimetres. House One had only one interior wall at the end of the building which was used as a storage cubicle.

House Two, which was smaller than house one, was, nevertheless a structure of considerable size at 28.5 metres long by 8 metres wide, an average size for Iroquoian longhouses built during the period A.D 1450 to A.D. 1609.

House Three appears to have been another long structure similar to House One. The east wall was exceeding 105 metres with at least one

extension identified.

Eleven hearths were identified within House One on the basis of burnt soil and associated ash deposits. The distances between the hearths in house one ranged from 1.7 to 15.1 metres with a mean of 6.6 metres. The three hearths of House Two were evenly spaced along the central corridor at a mean distance of 5.3 metres.

A sweat bath (as shown in diagram) was found in the central corridor of House One. The second was found in the central corridor of



cm at the butt end and about 2.5 metres long where bent over at the top to form a frame between 1 and 1.5 metres high. The floor of the sweat bath would have been about 70 cm below the surface of the ground. There were also refuge dumps, ash pits and storage pits found on the property.

Robert MacDonald was in charge of the excavation of the site. He is a partner and Senior Archaeologist with Archaeological Services Inc., an Ontario-based consulting firm with offices in Toronto and Burlington. Dr. MacDonald is accredited by the Register of Professional Archaeologists (RPA) and he has directed hundreds of single and multi-phased archaeological assessments throughout Ontario as well as numerous comprehensive archaeological site excavations.



Be sure to visit Castle Kilbride on June 21 and talk to Rob MacDonald, the archeologist who worked on this site. We thank him for allowing our use of this information. Also be sure to visit Castle Kilbride for the Digging Up Wilmot exhibit.



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W-O's Relay for Life was Great Success!

By Victoria Roth

Waterloo-Oxford District Secondary School (W-O) has reached an unimaginable goal once again. On Friday, May 23, 2008, students, staff and cancer survivors of all sorts gathered together on the school grounds to participate in one of Wilmot Township's truly exciting spring events.

The Canadian Cancer Society ran one of their many Relay For Life activities which are held annually in memory of those who have fought and those who are still fighting the battle of cancer. To participate in the cause, W-O Student Activities Council (SAC), headed by staff advisor Jeff Gerber and student chair Josh Proksch, worked long and hard to encourage students and staff to raise funds for this worthy cause.

The Relay began on May 23 at 7:00 pm and was set in motion with a ceremony in which a number of white doves were released, symbolizing hope and freedom. "The dove release was really powerful and meaningful," said Katy Brenneman, one co-president for the 2007-2008 school year. "It was a really touching moment."

Following the release of the doves, a survivor's lap was completed to symbolize continued hope in the lives of those still fighting against the disease that affects many individuals.

As the evening progressed a number of activities were held, including live music, head shaving and barbeques - all raising funds for Relay. "Having [Patrick] Dertinger's entrepreneur class involved in the games and food, really helped a lot," stated Gerber. The activities that helped rake in a few extra dollars also helped to encourage students as they walked, ran or even jogged into the wee hours of the morning.

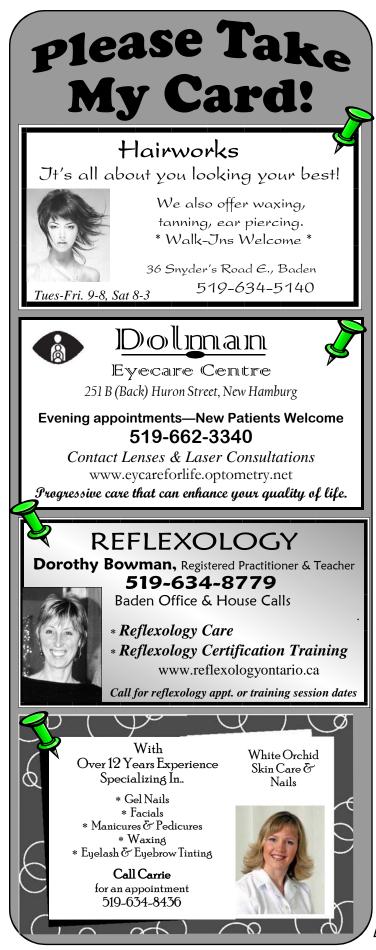
"I really appreciated the community support and response that we received," Gerber said of the event. "The support was really noted in the community teams as well as the survivors that were involved." In total, the two-day event allowed W-O to raise \$65,000 for the cause of cancer.



Tessa Weber cut her hair in memory of her brother, Isaac, who was taken by cancer. Her brother Josh cut off the first braid. Tessa is fanning out the nearly \$600 she collected. On the right is Tess two weeks after the big night. Asked if she would do it all over again... She said, "Yup, - hair grows back."



The Baden Outlook



Baden Branch Library News

Fun, laughs, and comedy – read all about it! Children ages three and up are welcome to join the **2008 TD Summer**



Reading Club and have tons of fun with this year's theme **Laugh Out Loud!** Read funny stories, tell jokes, enjoy kooky programs, and take home crazy prizes. There will be lots of side-splitting fun for everyone!

This program encourages children ages three and up to read, or be read to, for pleasure during the summer months. Come in and spin the **"Reading Wheel of Fun."** <u>Pre-</u> <u>registration begins June 14.</u> Sign up before June 28 to enter your name for a chance to win an early bird prize. Drop by all summer and see what fun we have planned for you! When school is out, reading is in!

<u>Summer Family Storytime</u> - Parents/caregivers and children 0-5 years old, you are included in the summer reading program, too! Drop in to the Baden Branch on Tuesday July 22 from 1:45 to 2:30 p.m. for a special family storytime with Kim, RWL's Family Literacy Coordinator. The storytime will include stories, songs, rhymes, and ideas about families having fun with literacy at home.

Read the **One Book, One Community 2008 book** this summer – "The 100-Mile Diet" by Alisa Smith and J.B. MacKinnon. After you have read the book, enter your name in the draw to win a prize!

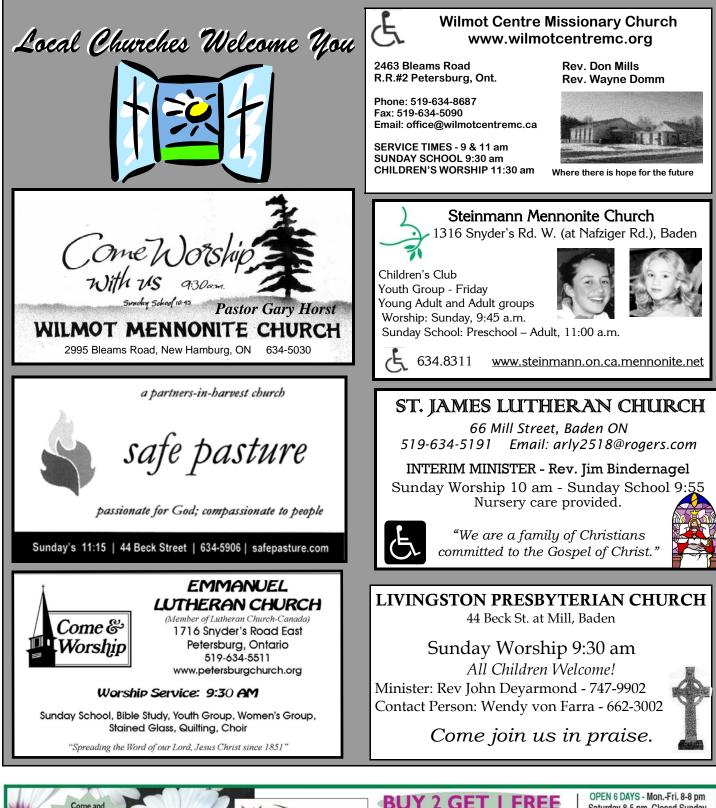
Please remember to bring your library card with you when you visit the library this summer! This is very helpful when library staff are away on vacation. A library card is a valuable item: not only does it allow you to use all the resources of our library system, and others, but library cards are used as proof of identity by many governments, agencies, and services. It is important for library users to show their library cards when using all library services such as renewing memberships, using the Internet, etc. A library card should be treated like a credit card: protected, not shared, and shown when required. You are responsible for everything borrowed on your card which can amount to several hundreds of dollars worth of materials.

Call the library at 519-634-8933, email us at badenlib@region.waterloo.on.ca, or check www.rwl.library.on.ca for more information.

Submitted by Chris Baechler, Asst. Supervisor, Baden Branch Library

If someone wrote a book on how to fail, and it failed in the bookstores would it be considered a success?

Volume 8, Issue 11





The Baden Outlook



"A creative community is a healthy community." Let's learn and grow together!

CC is a network designed to bring people of the community together to share their creative skills, to learn from each other, and to be inspired to explore other creative activities.

CC will evolve as the people of Baden and area join together, one cluster at a time, to create additional exciting opportunities to learn and grow.

Here are some ways to get creative and meet your neighbours.

Garden Visits

Do you enjoy gardening? Here's a way to share your enthusiasm with other local gardeners.

To connect with others - visit their garden and invite them to see yours-call Dorothy 634-8779. This is a great way to learn from each other and maybe share some perennials when the time is right.

Scrapbooking Class -Sunday, June 22, 2-5 pm Make four great summer themed pages that you will cherish for years. Bring photos with you or add them later. \$15. Call Kim at 634-9557 to register or to learn about more classes. See Kim's website for her summer "Mom and Me" sessions www.saucystamper.stampinup.net

Walking Groups

If you are interested in being part of a walking group, call Dorothy 634-8779.

Looking Towards The Fall

BOOK CLUBS are a great way to read some good books and meet other people. Let me know if you would like to be part of a group that would start meeting in the fall. I'd like to hear your ideas. Talk with Chris at the Baden Library or call Dorothy 634-8779.

Do you have the urge to do something Creative and are you looking for others interested in the same thing? Give Dorothy a call with your information or ideas, 634-8779.



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Eggscuse Me -

Am I the only one who figures that the supermarkets are playing some sort of

shell game with us lately? I bought a carton of "large" eggs last week which hardly managed to be medium grade in my mind. It seems to me that increasingly the size is becoming smaller – and yes, I suppose that is an eqgsymoron, but you know what I mean.

It is getting so that robin's eggs might become a viable alternative, but I'd hate to raid the nests of our



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. summer songbirds.

Another question naturally arises: where have all the large eggs gone, and will we soon have to buy extralarge to make a decent breakfast? Shall we be saying "super size me" when ordering an omelette?

Wait a minute, if the eggs are getting smaller, what about the birds? Are there no queen-size chickens out there anymore? Maybe that's why the rooster crossed the road – to find out where they have all gone?

Just call me "scrambled in Baden" - George Carter

Students Sign up Wellesley ABC Idol Contest Date: July 13 th Wellesley Community Centre, 7:00 pm	CORN & MORE 2050 Bleams Road, Shingletown Operated by the Deitner Family - 634-8903 SWEET CORN, NEW POTATOES, TOMATOES, MELONS, BERRIES, PEACHES, SEASONAL FRUITS AND VEGETABLES Discounts on corn roast and freezer orders of five dozen or more. Visit us for your summer produce needs. *Opening mid July* Closed Tuesdays.			
Wellesley and Perth East Townships and are between the ages of 12 and 18 you are eligible to try out for Wellesley ABC Idol Contest. Including all government schools in the townships. Tryouts are on Sunday, July 13 th at 7:00 pm at the Wellesley Community Centre. To participate in this year's idol contest, contact Marg 519-656-2721 or Nancy 519-656-3383.	For those of you old enough to remember Red Skelton, you will enjoy this . For those of you not old enough you will see what you missed!! Either way, his humour was always inoffensive and he was a great entertainer. Here's a rerun of one liner's from the great Red Skeleton:			
 \$500 1st place -Idol Winner \$500 Donated to School Arts/Music Department Dinner for two at Bellzy's (New Hamburg) 4 hour studio and recording time at Studio A Mirador \$300 2nd place—Idol Winner 	RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE 1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship She			
 \$300 Donated to School Arts/Music Department Dinner for two at Bellzy's (New Hamburg) \$200 3rd place—Idol Winner \$200 Donated to School Arts/Music Department Dinner for two at Bellzy's (New Hamburg) 	 goes on Tuesdays; I go on Fridays. 2. We also sleep in separate beds. Hers is in California, and mine is in Texas. 3. I take my wife everywherebut she keeps finding her way back. 4. I asked my wife where she wanted to go for our 			
 Semi-finals & People's Choice Award Vote is held September 9th at the <u>Wellesley N.E. Hope Agricultural Fair</u>. Come out and vote for your favorite singer. winner receives \$150 People's Choice Award \$150 Winner's School Arts/Music Department 	 anniversary. "Somewhere I haven't been in a long time!" she said. So I suggested the kitchen. 5. We always hold hands. If I let go, she shops. 6. She has an electric blender, electric toaster and electric bread maker. She said, "There are too many gadgets, and no 			
Finals Saturday, September 27th at the <u>Wellesley Apple</u> <u>Butter Cheese Festival</u> . http://www.wellesleyabcfestival.ca/	place to sit down!" So I bought her an electric chair. 7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, "In the lake."			
Success comes in cans; failure comes in can'ts.	 8. She got a mud-bath pack, and looked great for two days. Then the mud fell off. 9. Remember: Marriage is the number one cause of divorce. 10. I married Miss Right. I just didn't know her first name was Always. 			
Answers from Syllable Sillies, from page 31buccaneer7plantain13gaggle2Luxemburg8youthful14turquoise3prior9captivate15dishonest4destiny10mahogany16event5cabana11relax6hysteria12crayfishPage 24	 11. I haven't spoken to my wife in 18 months - I don't like to interrupt her. 12. The last fight was my fault though. My wife asked, "What's on the TV?" I said, "Dust!" Can't you just hear him say all of these? Gotta love it those were the good old days. Submitted by Dorothy Shantz 			



Birds Eye View of Master Feeds, Photo taken April, 2008—Visit www.badenoutlook.com for more aerial pics



Volume 8, Issue 11

the Health & Wellness Page

Managing Seasonal Allergies

Give Your Body A Break!

Environmental allergies often make us feel irritable, edgy and inflamed, and are typically a result of dehydration (especially as the heat rolls in) and excess body acidity. Acidity is created by low alkalizing mineral levels in the body (such as magnesium). Alkalizing minerals keep our bones strong, muscles and mind relaxed, and reduce sensitivities - as in allergies. Processed and refined foods (such as floury and sugary foods) and animal products both deplete the body of alkalizing minerals easily causing stagnation, heaviness and irritability. Avoiding these foods can drastically reduce allergy symptoms. Eating more fruit and increasing water consumption as well as decreasing coffee and alcohol consumption, which are dehydrating - can really improve your sensitivity to allergens, and calm your body and mind.

Being a hay fever sufferer all my life, I battled June and September with itchy eyes, scratchy throat, runny nose and irritability. Last year I put my theories into practice and ate no animal foods nor refined foods for the entire allergy season in the hope that symptoms would subside - instead, they went away completely, and have been gone since.

I noticed that the body reacts quickly. Enjoying a plate of cheese and crackers when pollen is in the air would create symptoms, but eating fruit would drive them away. Other things that make the body sensitive to allergies are: overeating, which quickly takes away your energy; alcohol and caffeine which are histamine producing foods directly increasing sensitivities; and fats/oils - especially rancid or processed varieties. Overeating oily or fatty foods stagnate the body and worsen sensitivities, both

Take good care of your future because that's where you're going to spend the rest of your life. Submitted By Michael Fisher, R.N.C.P

mentally and physically. Eat mineral rich foods such as green leafy vegetables, fruit, legumes and whole grains (grains in their unadulterated whole forms, such as brown rice, millet, oats, barley, etc), which calm the body and decrease sensitivities. And still, sugar and white flour are likely the worst for contributing to sensitivities and allergies as they aggravate the body, create stagnation, deplete our mineral levels, and paralyze our immune system!

Try it! If you are suffering from seasonal allergies, try these simple (but surprisingly difficult to implement) suggestions and see how you feel. My allergies disappeared quickly after I discontinued the suggested stagnating foods. Instead, eat fruit - which mineralizes, clears, moistens, and calms the mind, and drives allergies away (unless you're allergic to fruit, of course!).

Here's a Tip!

Orange and green coloured fruits and vegetables have high levels of Vitamin A which aid inflammation and allergies. Examples are: kale, peach, melon, cabbage, carrot, parsley, collard. Consume more of these green and orange foods when feeling inflamed or allergic (i.e. hot, stagnant, irritable, sometimes with redness - especially eyes, rashes, dandruff and dryness).

Submitted by Whole Foods Nutritionist **Michael Fisher**, RNCP To receive more information, sign up for his monthly newsletter at www.michaelfisher.ca

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Wilmot Family Resource Centre ...

Offers a wide range of activities throughout the summer, helping to keep your children active. A great way to have fun, build character, learn valuable life skills, make new friends and discover new interests. There's something for everyone...

Summer Fun Camps!

For children ages 4 to 12 years of age. A new and exciting theme each week for 7 weeks. Themes include: Born to Wild, Wilmot's Next Great Chef, Green Eggs and Ham, Campers Idol, Summer Safari, Olympic Games, and Holiday Hullabalu.

For more information, camps fees and to register, pick up a Summer Fun Flyer/registration form. Available at The Resource Centre as well as local library.

Teen Fun Zone - Youth Drop-In !

Held at the old New Hamburg Arena, 251 Jacob St. A drop in program for youth, 10-18 years of age. Wednesday, Thursday & Friday afternoons from 1-5:30 for youth 10-14 years of age.

Wednesday, Thursday & Friday evenings from 7-10 pm for youth 14 to 18 years of age.

Skateboarding, in-line skating, basketball, video games (guitar hero!), fooseball, air hockey, tuck shop music, more.

Attention all skateboarders/in-line skaters...You will be excited to hear we have purchased new ramps!!

OPEN HOUSE...Wednesday, July 2 from 1-6 pm

All ages. Parents are encouraged to come "check it out" Visit the facility, learn about our programs and register. We will be joined throughout the afternoon by Axess 33 (skateboard shop). Prize packages have been promised!!

Wilmot Young Achiever Leadership Training Program

For youth 14-16 years age. An interactive program for youth to experience hands-on training in a camp setting. An excellent way to strengthen communication skills, gain team building tools and experience program planning. There is a volunteer component within our Summer Fun camp program; youth can use this time in the camp towards high school volunteer hours. The program is offered during a two week period from Mon. July 28 to Friday, August 8 - 9am to 12pm (Some afternoon time TBA)

For more information or to register for any of the above programs please contact Tina @ 519-662-2731 or email: cr4wfrc@bellnet.ca

